



# We Are All Dirt

"And the LORD God formed man of the dust of the ground"  
—Genesis 2:7

Did you ever stop to realize that we humans are nothing more than dirt? Think about it. We are composed of all the foods we eat and the beverages we drink. Everything that we consume comes from the ground, from crops grown in dirt. The meat which we eat comes from animals which are composed of everything they eat and drink.

## From a Health Perspective

It's always been fascinating to me how you can plant different seeds in the same exact dirt and get such a different and broad variety of fruits and vegetables. For example: the same dirt which produces orange carrots also produces red peppers or green cucumbers. The same dirt which produces sweet corn also produces blazing hot peppers or sour apples. God is truly amazing! We should get into the habit of eating the different color vegetables for a balanced intake of nutrients. Some people only eat green salad. Your body also needs brown potatoes, orange carrots, red peppers, yellow quash, etc. The best source of fresh vegetables is to drive out to your nearest farm. Most of the vegetables sold in stores have been sprayed with toxic pesticides. At a minimum, always wash vegetables before eating them.

We are all composed of various minerals, vitamins, and elements found in the dirt of the earth. If the human body does not receive the proper amount of necessary minerals (such as Selenium), then the body gets sick. Our bodies need a continuous supply of vitamins and minerals to stay healthy. Most people don't realize that teeth mostly rot from the inside out. I knew a woman who lived on French fries and a small handful of the type same foods all the time. All her upper front teeth rotted out. She was badly malnourished. Today's crop growers don't rest the soil every seven years as the Bible teaches. America's soil is depleted of nutrients. Americans are dying of cancer at an alarming rate. The B17 found in seeds is not part of our diet in America. Many doctors believe that a lack of vitamin B17 is the cause of cancer, just as a lack of vitamin C is the cause of scurvy. Take your vitamins! Also, spend the extra money for natural vitamins, don't buy the cheap synthetic vitamins.

## From a Spiritual Perspective

God is so wonderful! He created us all out of the very dirt of the earth and gave us life. It's beyond imagination to fathom a Being so powerful that He can simply speak life into existence. What's even more amazing is that God didn't just speak mankind into existence, He "formed" man and woman with His own hands (Genesis 2:7). Everything that God every created, He created by speaking it into existence—with the exception of mankind. Mankind was FORMED by Jesus Christ Himself (John 1:1-3; Colossians 1:16). What a Loving Savior!

Yes my friend, we are dirt, undeserving dirt. Oh how fewer arguments and divorces there would be if we would simply humble ourselves with the TRUTH that we are nothing more than dust. The Apostle Paul realized this truth, "For if a man think himself to be something, when he is nothing, he deceiveth himself" (Galatians 6:3). You are dirt! I am dirt! We deserve nothing better than Hell because of our sins. Yet, God loves us so much that He sent His only begotten Son, Jesus, into the world to pay for our sins on a cross (John 3:16). Jesus shed His precious blood for our sins, so that we could be redeemed back to God. Who are we that a Righteous King should bleed and die for? We are so unworthy, and yet God loves us more than we could ever love Him back.

The world is so sinfully proud. I see people wearing T-shirts which boast that they've had an abortion. Others parade their homosexuality down the streets of America in arrogant defiance against God. Las Vegas has become extremely popular as "Sin City." Still others take off their clothes and dance all over the TV screen, filling people's hearts with sinful lust and lasciviousness. It is wickedness in God's eyes. Actor after actor curse in God's name, blaspheming His holy name. Americans love their booze and continue to commit all sorts of sins because of drunkenness.

Don't people realize that they are no more than dirt, that they've been given the gift of life from an awesome God? We are all dirt! Yet, America is proud, sinfully proud. We have become ungrateful for God's many blessings. Most Americans take everything for granted. Whereas godless heathens once hid their abominations in shame, now they are paraded up and down America's streets, while being promoted on TV and the radio. America has abandoned the God of the Bible, and judgment is coming. Pride is a sure road to Hell.

I am thankful that I realize that I am nothing, but Jesus is everything. I am just dirt, loved by a wonderful Savior! We are all mere skeletons covered with flesh, and our time on earth is but a vapor, and then its gone forever. Oh, that men would seek the Lord.

*Isaiah 51:1, "Hearken to me, ye that follow after righteousness, ye that seek the LORD: look unto the rock whence ye are hewn, and to the hole of the pit whence ye are digged."*

God's Simple Plan of Salvation